

Libraries

Central Library.....619-236-5800
 Allied Gardens/Benjamin619-533-3970
 Balboa.....858-573-1390
 Carmel Mountain.....858-538-8181
 Carmel Valley.....858-552-1668
 City Heights/Weingart.....619-641-6100
 Clairemont.....858-581-9935
 College-Rolando.....619-533-3902
 Kensington-Normal Heights.....619-533-3974
 La Jolla/Riford.....858-552-1657
 Linda Vista.....858-573-1399
 Logan Heights.....619-533-3968
 Mira Mesa.....858-538-8165
 Mission Hills.....619-692-4910
 Mission Valley.....858-573-5007
 Mountain View/Beckwourth.....619-527-3404
 North Clairemont.....858-581-9931
 North Park.....619-533-3972
 North University Community.....858-581-9637
 Oak Park.....619-527-3406
 Ocean Beach.....619-531-1532
 Otay Mesa-Nestor.....619-424-0474
 Pacific Beach/Taylor.....858-581-9934
 Paradise Hills.....619-527-3461
 Point Loma/Hervey.....619-531-1539
 Rancho Bernardo.....858-538-8163
 Rancho Penasquitos.....858-538-8159
 San Carlos.....619-527-3430
 San Ysidro.....619-424-0475
 Scripps Miramar Ranch.....858-538-8158
 Serra Mesa-Kearny Mesa.....858-573-1396
 Skyline Hills.....619-527-3485
 Tierrasanta.....858-573-1384
 University Community.....858-552-1655
 University Heights.....619-692-4912
 Valencia Park/Malcolm X.....619-527-3405

Recurring Events

Health & Fitness

Chair Yoga

>> Tuesdays from 12:30pm-1:30pm
 @ La Jolla/Riford Branch Library

>> Thursdays from 2:00pm-3:00pm
 @ San Carlos Branch Library

Feeling Fit Club

>> Tuesdays & Thursdays from 11:00am-12:30pm
 @ Logan Heights Branch Library

Tai Chi

>> Mondays from 1:00pm-2:30pm
 @ Scripps Miramar Ranch Branch Library

>> Thursdays from 2:00pm-4:00pm
 @ Mission Valley Branch Library

>> Thursdays from 3:00pm-4:30pm
 @ Pacific Beach Branch Library

Yoga for Seniors

>> 2nd & 4th Tuesdays from 1:30pm-2:45pm
 @ Tierrasanta Branch Library

>> Tuesdays from 6:00pm-7:45pm
 @ Otay Mesa-Nestor Branch Library

>> Wednesdays from 1:00pm-2:00pm
 @ Carmel Valley Branch Library

Zumba Gold

>> Mondays from 12:00pm-1:00pm
 @ University Community Branch Library

>> Wednesdays from 1:30pm-2:30pm
 @ Serra Mesa-Kearny Mesa Branch Library

>> Fridays from 1:30pm-2:30pm
 @ Mission Valley Branch Library

Technology

Computer Class

>> Thursdays from 10:00am-12:00pm
 @ Rancho Penasquitos Branch Library

>> Saturdays from 9:30am-10:30am
 @ Otay Mesa-Nestor Branch Library



eReader Clinic

>> Fridays from 10:00am-11:00am
 @ North University Community Branch Library

>> Saturdays from 10:00am-11:00am
 @ Tierrasanta Branch Library

Special Interest

Meditation

>> 2nd & 4th Saturdays from 9:30am-10:30am
 @ San Carlos Branch Library

>> Wednesdays from 4:30pm-6:00pm &
 Saturdays from 12:00pm-1:30pm
 @ Logan Heights Branch Library

Sumi-e Brush Painting Class

>> Tuesdays from 12:30pm-3:30pm
 @ University Community Branch Library

>> Wednesdays from 2:30pm-5:00pm
 @ Mission Valley Branch Library

San Diego Public Library Events for Older Adults

APRIL
MAY
JUNE
2014



Featured Events

April

Stories & Stanzas

>> April 1 from 6:30pm-8:00pm
Do you enjoy reciting poetry or spinning tall tales?
Info: 619-742-2897 or 619-460-7161
@ San Carlos Branch Library



How to Make Your Home Secure from Burglaries

Presented by the San Diego Police Department
>> April 2 from 6:00pm-7:00pm
@ Carmel Mountain Ranch Branch Library

Jeri Westerson: Author of the Crispin Guest Medieval Noir Mystery Series (Author Talk)

>> April 2 from 1:00pm-3:00pm
@ Rancho Bernardo Branch Library

San Diego's Waterfront

>> April 8 from 1:00pm-2:00pm
Historical journey depicting the rich history and romance of our beautiful waterfront.
@ Mission Valley Branch Library

Totally Unprepared

>> April 8 from 6:00pm-8:00pm
Presentation on emergency & earthquake preparedness.
@ Valencia Park/Malcolm X Branch Library

De-Clutter Your Life: Where & How to Get Started

>> April 18 from 1:00pm-3:00pm
@ San Carlos Branch Library



Older Adults Fair: "Safe Today. Healthy Tomorrow."

>> April 26 from 10:00am-2:00pm
Entertainment, food, raffles, health screenings, presentations & more!
@ Pacific Beach/Taylor Branch Library

May

Elder Scams & Abuse

>> May 6 from 6:00pm-7:00pm
How to avoid getting duped by scam artists.
@ North University Community Branch Library



Dish Gardens

>> May 7 from 4:00pm-5:00pm
We supply pots, soil, succulents & rocks!
Supplies limited. Sign-up begins April 30.
@ Tierrasanta Branch Library

Cooking with Vera!

>> May 13 from 6:00pm-7:00pm
Savvy ways to prepare & serve a rotisserie chicken from the grocery store.
@ North University Community Branch Library



Gardening Lecture: More Beauty, Less Water

>> May 15 from 6:30pm-7:30pm
Water Conservation Garden's Education Director shares great tips & insights on water-saving ideas for your garden landscape.
@ Mission Hills Branch Library

Winter/Spring Concert Series: Sidney Hopson

>> May 18 from 2:30pm-3:30pm
Los Angeles-based percussionist versed in classical, avantgarde and commercial genres performs.
@ Central Library @ Joan A Irwin Jacobs Common



Peninsula Singers Spring Concert

>> May 21 from 7:00pm-8:00pm
Traditional American folk music and pieces by Aaron Copland, George Gershwin, contemporary composer, Eric Whitacre and more!
@ Point Loma/Hervey Branch Library

June

Smart Energy Solutions with SDG&E

>> June 3 from 6:00pm-7:00pm
Learn to save on that power bill and beat the heat!
@ North University Community Branch Library

Lecture: 100 Years of Pacific Beach & the PB Library

>> June 11 from 6:30pm-7:30pm
@ Pacific Beach/Taylor Branch Library

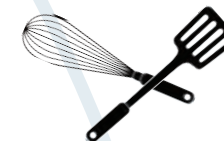
Movie: Film Noir Classics of the 40s, 50s, & 60s

>> June 13 from 3:00pm-5:00pm
@ La Jolla/Riford Branch Library



Film Screening: The New Black

>> June 18 from 6:30pm-8:00pm
Part of the Women & Girls Lead campaign, this film centers on a historic fight to win marriage equality in Maryland.
@ Valencia Park/Malcolm X Branch Library



Hands-On Healthy Cooking Demo

>> June 21 from 12:30pm-1:30pm
Learn how to make healthy dishes, eat what you made, and take home recipe handouts!
@ Pacific Beach/Taylor Branch Library

For more older adult events at your library,
please visit:

www.sandiegolibrary.org